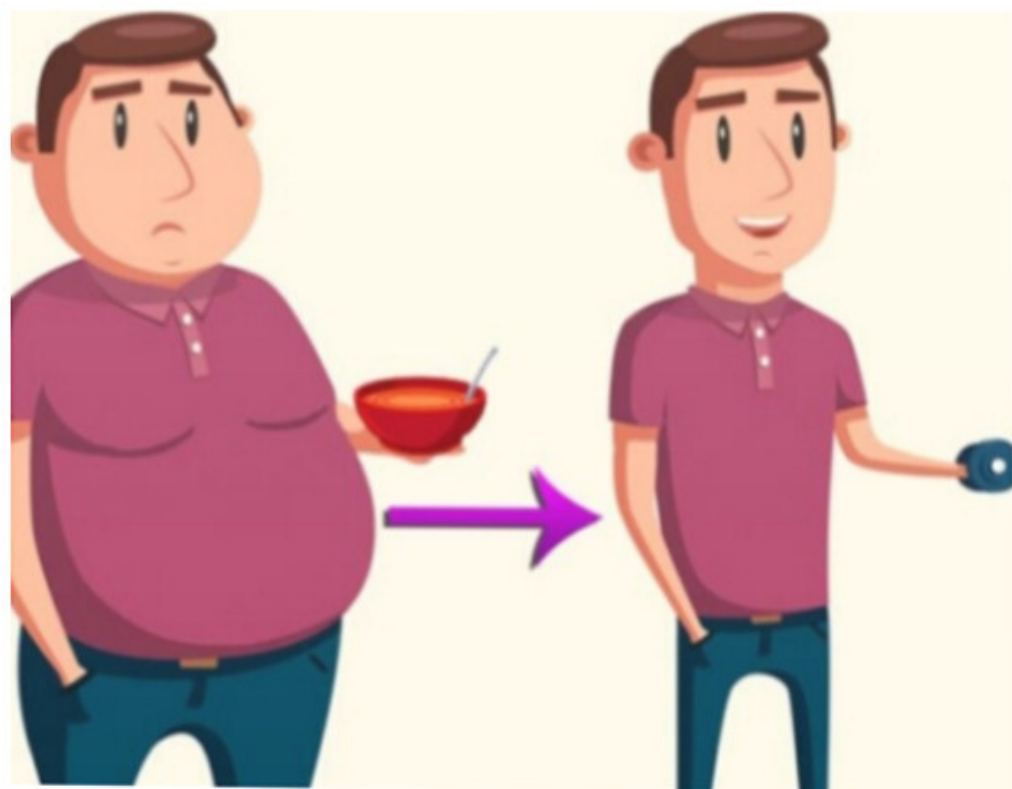


**Say Bye to your belly fat**



**belly fat?  
what's that?**

**Pavan Patel**

My name is Pavan Patel and I am a nutrition expert and diet manager. I was an IT Professional earlier and used to weigh 114 kilograms, but I put myself into great research to discover the best. I dropped my weight to 75 kilograms, and I am here to help you and tell you every possible ways to do it.



You are struggling to get rid of  
your belly fat. Right?

It can be frustrating, no matter  
what exercise you do it seems  
tough to get rid of it. What if I tell  
you there is a unique solution to  
this big problem. I was in a diet  
and workout process though, this  
unique exercise idea by Austin  
Goh was a game changer. Guys, I  
have tested this and it's nothing  
less than a miracle. I am going to  
tell you an exercise that will get  
you rid of your belly fat without  
any situps or crunches and  
without any equipments. Trust  
me, try it out from today itself,  
come back and comment what  
changes you see.

It's a simple trick to  
massage the stomach  
area. Our goal is to  
send the blood there.

As our heart rate  
increases, our body  
needs more energy  
burning the fat cells  
and getting rid of the  
belly.

Let's get started :

Massage your belly up and down with your palms for 10 seconds.

Massage as hard as you can, you need to go beyond the surface.

Now rub your palms in clockwise direction for 10 seconds. If you are doing it with the correct pressure, you will feel the warmth generated by the friction.

Next, push your belly with your palms in by 2 cm.

Count till 5 (this means you have to do this step 5 times)

Now repeat the same  
process with the 4 fingers.  
Count till 5

Now once again repeat this  
process with your fists.  
Count till 5

Now with your fists, push  
your belly and as push  
in take a deep breath in  
and as you release your  
fists, release your breath  
through your mouth with a  
loud "AHH" sound.  
Count till 5.

Now push your belly in with your palms and hold for 5 seconds, you dont have to release your belly, now relax for 1 second and again hold it for 5 seconds.

Now relax and shake your hands from your fists as fast as possible.

Count till 5

Now close your fists and move your elbow forward and backward, also along with this bend your knees up and down together as fast as you could.

Count till 5

Now again move your elbows  
with closed fists on your side,  
in and out. Along with the  
bending of knees.

Count till 5

Now again everything will  
be same as before, the knee  
movements, and the elbow  
will move up and down at the  
back of your head.

Count till 5

Now open your fists and shake  
your palms as fast as you can  
on the sides along with the  
same knee movements.

Count till 10

Now close your fists and take a deep breath through your nose and drop your hand down with power and jerk as you release your breath from your mouth with a loud "AHH" sound

Do this 10 times

Now relax your palm and shake it for 5 seconds. Now hold in that position for 5 seconds and then release and bring down your hands slowly.

It's done! Do this exercise 2 times a day for 3 to 4 weeks.

So, we're going to talk about how to lose a stubborn belly fat that a lot of you ask. Why it never seems to go away even though you've been trying to eat healthier and workout regularly. So the question is, are you eating a right food and doing the right exercises? For example, you've been working really hard and doing sit up and crunches every day but you are still worried that your belly is not getting any smaller. It's because these exercises are not actually burning your belly fat.

These exercises make your abdominal muscles stronger and bigger. So yes! you are getting abs but you're not burning fat. So if you work out and doing doing set of exercises every day helping to get rid of the muffin tops it's not going to happen and you need to change things up.

How you ask, so let's talk about diet.

What other food that you should eat less and what other foods that you can eat to actually help you burn fat.

- Eat less food that has trans fat and high sugar which are two of the main contributors to belly fat. Also watch how much carbs you eat while your body does need carb energy and muscle building. This doesn't only go for food what you drink is as important as what you eat and sugary drinks will also lead to significant increase in belly fat.

- And don't forget that alcohol can also make you gain belly fat. Studies link heavy alcohol consumption with significantly increased risk of central obesity that has excess fat storage around the waist. So cutting down alcohol would definitely help you reduce the waist size.

So what food and drinks help you lose belly fat.

- Your diet should be high in soluble fiber and protein. Research shows soluble fiber promote most weight loss, by helping you feel full so you naturally eat less. Studies found that for adults who increase their soluble fiber intake in their diet their belly fat gain decreased by 3 to 4% over a five year period.

● Protein is also extremely important when it comes to weight control because protein has a high thermic effect and other food. Meaning a body burns more energy processing proteins than it does in processing carbs and fat. That's why high protein diets work great at burning belly fat. It also increases the release of hormones which decrease your appetite and make you feel less hungry. High protein intake also increases your metabolic rate and helps you retain muscle mass during weight loss. Many observational studies show that people who eat more protein tend to have less abdominal fat than those who eat a lower protein diet.

● Just stick to water and green tea. Green tea is low in calories and rich in antioxidants. It actually promotes a break down of fat cells and boost metabolism which is why many people love it.

● Another great diet that I recently tried is intermittent fasting which really helps to burn the stubborn belly fat. It allows a body to burn more fat during the fast and also increases our metabolic rate by 3 to 14 %

● Let's talk about what are the most effective workouts when it comes to reducing belly fat.

Not surprisingly the first one is cardio HIIT which is high intensity interval training. It is an extremely popular option which is also my favorite.

Basically it helps you burn a lot of calories in a short amount of time. Many of us don't have all day to workout in the gym. So when it comes to belly fat we have to focus on intense workouts to burn the calories and the best thing about HIIT is that it keeps your body working and burning calories and fat even after you've finished your workout.

There are also other great cardio options for example running, skipping, swimming that can help you burn up to 600 calories per hour. And of course the more intense and a faster you go the more fat you burn off.

What else can you do apart from workouts and diet:

● Get enough sleep. Studies show that people who sleep less than five hours per night tend to gain more weight and belly fat compared to those who sleep seven hours or more per night.

If you fail to get enough sleep your hormones will increase your appetite and hunger causing you to eat more. So having seven to eight hours quality sleep at night actually helps avoid emotional eating and cravings which will help make your belly fat loss much easier.

BE THE BEST OF YOU

# weightloss revelation

it's not a diet, it's a lifestyle change!

PAVAN PATEL

I am presenting you my  
Ebook on how to lose  
weight and increase  
your life expectancy.  
It's basically a lifestyle  
change that is proven  
to bring a stable health  
condition with rapid  
weightloss.

Best diet and workout  
schedules by experts  
and much more. You  
can check the contents  
of the Book:

- **Weightloss Diet and exercises for males and females  
( Age group 23- 55)**
- **Basic diet and workout schedule for beginners.**
  - **Weightloss Diet for diabetic**
  - **Non vegetarian diet for Weightloss**
- **An every day diet plan for gym people with no supplements**
- **Diet schedule to kill every diseases in your body.  
High Blood pressure, Thyroid, PCOD, Hair fall, Diabetes,  
Joint Pain, Migraine, Cervical and many more. ( Miracle  
diet )**
- **A simple diet recipe for healthy skin, hair growth  
and balanced metabolism**
- **Specific workout and exercise schedule to loose  
weight and boost your immunity**
- **Expert workout for a complete toned body ( A  
complete workout schedule)**
- **Exercises during periods ( A healthy woman guide )**
  - **5 Drinks to get a flat stomach ( rapid results )**
  - **12 Yoga positions for a slim and energetic body**
  - **Miracle tips to extract extra body fat instantly**
  - **How to fix digestion forever (Tips for Healthy  
digestive system)**
- **How to turn body fat to body heat to loose weight**
  - **Best body detox drink ( Home made)**
- **Detox your kidney to kill your entire body toxins.  
( Guaranteed results )**
  - **Intermittent fasting and workout schedules**
- **Symptoms of Nutrient deficiency which you can't  
ignore and how to fix it**
- **Healthiest evening snack options for everyone  
( healthy and weight management snacks)**
- **Diet essentials to keep your skin forever young and**

**Click/ Copy the link to get  
your Ebooks:**

<https://payhip.com/b/KZY9>